

These Women Take Pride in Planning

JUST what would you do if you came home from church and found eight relatives seated on the doorstep?

Well, that was the experience of a Tennessee farm woman, Mrs. Sally P. Stooksbury, not long ago. Her first impulse, she writes us, was to turn and flee. Then she thought of her canning supply.

"As I stood gazing in confusion at my jars, a few moments later, thankful for the canned meats, vegetables and fruits," she continues, "I resolved then and there to save valuable time in the future by having menus planned, rather than choosing at random. I canned especially for salad and garnishes—tiny whole beans, young okra, baby beets, creme de menthe pears."

Women who plan ahead say that it gives them such a comfortable, secure feeling, and of course it saves money and protects health to have healthful foods handy. In this story we want to tell about experiences of three far-sighted women to bear this out.

Here are emergency shelf menus such as Mrs. Stooksbury plans, with everything in a jar or can (except what is written in parenthesis).

1. Roast pork, sweet potatoes, cinnamon apples (for garnish or salad), green beans, chunk pickles, whole peaches.
2. Stewed chicken (with dumplings and mashed potatoes) green lima bean and corn succotash, beet pickles, canned baked pink rhubarb and pineapple, (served with cookies or as an upside-down cake).
3. Tomato juice, browned veal fricassee and peas (in casserole with biscuits), stuffed pear salad, mustard pickle, unsweetened red cherries (made into tarts).

Plan a Year's Food Supply

"PLAN not only for company but plan for the winter season," is the advice of Hoosierland's best gardener.

To win the title of being Indiana's best gardener in 1938, Mrs. H. Liston of Farmsburg planned and planted over 50 varieties of vegetables and melons, canned 1215 quarts, stored 60 bushels of potatoes and root vegetables, 12 bushels of popcorn and 100 heads of cabbage.

Besides an acre truck garden plot for canning and sale of vegetables, the Listons had a small

Indiana Canning Budget for 32 Non-Garden Weeks

Serve	Can
Leafy greens, as chard, spinach, etc. 4 quarts per person weekly	4 quarts per person
Other green vegetables, as beans, 2 times weekly	14 quarts per person
Vegetables, as corn, beets, soup mix, 2 times weekly	14 quarts per person
Tomatoes and tomato juice, 6 times weekly	28 quarts per person
Fruits, as berries, peaches, cherries, 7 times weekly	49 quarts per person
Servings are 1 cup each except greens and tomato juice which are ½ cup each. For children under six, allow half this amount.	

patch near the house for table use. They made several plantings of each kind and variety to insure yield throughout the summer. Mrs. Liston cans and stores more than really necessary for her family, but she enjoys sharing her bounty with friends and neighbors.

The food budget or plan recommended by nutritionists at Purdue University provides a canned and stored vegetable and a canned and fresh fruit daily in the non-garden season. This means 2

vegetables daily besides potato and two fruits daily for the whole family, winter and summer.

For an Emergency, Tarts

"SOMETHING is always popping up when you wish for a quick dessert," according to Mrs. Norma Roberts, of New Hampshire. Company is stepping out of their car just as you've quit the kitchen for the day, or perhaps you have a chance to make an unexpected trip into town.

"Tart shells wrapped in waxed paper and stored in a covered tin keep several days ready to crisp in the oven before filling with creamed chicken or fish for a quick snack to go with a big salad. Or for dessert, fill with fresh sweetened or canned berries, peaches, stewed dried fruit, smooth applesauce flavored with nutmeg and vanilla, sliced bananas, a combination of fruit, or any pie filling. Top with a wee dab of whipped cream or with meringue. Besides making serving easy, they are the most festive."

To make the tarts, roll pastry to medium thickness, pat over the bottom of plain or fluted tins (cost 2 or 3 for a nickel), prick well with a fork, bake in a hot oven until brown, remove from tin, turn over and brown lightly on the inside.

Good fruit combinations are oranges, dates and bananas cut into small pieces, stewed pink rhubarb chilled and bananas, strawberries and rhubarb. For a meringue topping, beat an egg white with 2 tablespoons sugar and a squeeze of lemon juice, cover the tart, sprinkle with cocoanut and brown lightly in the oven.

For strawberry cheese tarts, use creamy cottage cheese run through a sieve or packaged cream cheese whipped with a little milk until smooth. Fill bottom of tart with cheese, top with sugared berries, add a fluff of whipped cream and garnish with a berry.

For a quick cream sauce, heat 2 cups milk in the top of a double boiler. Meanwhile, work together 4 tablespoons flour, 1 teaspoon salt, and 4 tablespoons butter and shape into a ball. Drop into the milk when hot. Cover and let cook for 15 minutes, then beat briskly with an egg beater until smooth. Add diced cooked chicken, flaked fish, chipped beef and hard cooked eggs or any combination of meat or vegetable.



Mrs. H. Liston, left, "state gardener" of Indiana in 1938, with Miss Lillian A. Murphy, home demonstration agent of Vigo county